

Diamond's Edge

Did you know ... Men wearing the BDU utility cap or squadron BDU cap, may not have hair protrude below the front band of properly worn head gear? Additionally, head gear will fit squarely on the head (not at an angle). Ref AFI 36-2903 Table 2.2. Line 6

Source: Misawa First Sergeants

Misawa Air Base DUI/DWI Hitboard

Total number of
DUI/DWI incidents
at Misawa
this year

0

as of Thursday

Last DUI/DWI: 35th Maintenance Squadron

Number of days
since the last
DUI/DWI at
Misawa

21

as of Thursday

Source: 35th Security Forces Squadron

Weekend Weather

Saturday



Partly
cloudy
H 34/L 28

Sunday



Mostly
cloudy
H 35/L 27

Source: 35th OSS Weather Flight

Northern Light

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Photo by Staff Sgt. Andrew Rodier

'Community spirit'

Mr. Mitsugu Sakaoka and Staff Sgt. Wendy Corbett, 35th Security Forces Squadron, stand by Misawa's Core Values sign just outside the main gate. The *Air Force Times* has named Misawa Air Base winners of the Community Spirit and Support award as part of the publication's annual "Best Base" program. The *Air Force Times* Best Base Award is part of an annual installation award recognition program by Military Times Media Group which consists of *Army Times*, *Navy Times*, *Air Force Times* and *Marine Corps Times*.

Base undergoes BAS revalidation process

by Airman 1st Class
Abby Young

35th Fighter Wing Public Affairs office

Squadron and group commanders are revalidating airmen's need for full Basic Allowance for Subsistence to comply with the requirements of the Department of Defense's new BAS Reform initiative.

"BAS reform was enacted so that we get one standard rate of BAS for all enlisted members," said Master Sgt. Bruce Homann, 35th Comptroller Squadron, chief of cus-

tomers support.

The revalidation started two weeks ago and will continue until every airman and sailor receiving full BAS validates the need for it.

For commanders to determine who should receive full BAS, the finance office sent lists to squadron and group commanders of all their airmen on meal cards.

"We're hoping commanders will see the list and say, 'wait a minute I don't see Sally on there,' which means Sally's getting full BAS," said Homann. Then they will know who needs to have their full BAS

entitlement validated.

With BAS Reform, said Homann, it's assumed that dormitory residents have all three meals provided to them at government expense. The cost of those meals is deducted from their BAS entitlement.

"The commanders are looking to ensure that (airmen and sailors) can eat at least 80 percent of their meals in the dining facility," he added.

"If the member can prove that they're not eating 80 percent of their meals on a regular basis in the dining facility then the commander

can grant BAS."

In previous years, validation was met by meeting the two-reason rule. People had to have two reasons why they weren't able to eat the majority of their meals in the dining facility.

Now, if dormitory residents don't meet the 80 percent rule, meal deductions will be made.

Squadron and group commanders will determine who should and should not be receiving full BAS. If someone must go from full BAS to deductions, the change must be made no later than March 31.

Post Office clarifies delivery issue

Recent reports of stateside post offices refusing to accept parcels bound for an APO address caused some confusion and concern among Misawa APO customers.

"The Misawa Post Office received different reports from nearly all four corners of the United States from friends and relatives not being able to send parcels to Misawa," stated, Master Sgt. James Emery, Misawa's Postmaster.

"The problem was immediately addressed and elevated through postal channels and we have several steps we recommend."

If a person is trying to send a parcel to Misawa, Military Postal Service employees and

U.S. Postal Service officials recommend:

- Ask the clerk to check the most recent postal bulletin on sending to APOs.

- Ask the clerk to call (800) 810-6098 to verify (this is the military postal service APO hotline).

- Ask to speak with a supervisor and repeat these steps.

"If this fails, provide your name and post office location/ZIP Code to the Misawa Post Office and we will file a formal complaint," Master Sgt. Emery added.

For more information or any further questions, call the Misawa Post Office at 226-3494. (Story courtesy of the Misawa Post Office)

Briefs

■ **35th FW Annual Awards banquet** — The 35th Fighter Wing Annual Awards banquet is at 6 p.m. Jan. 31 in the Tohoku Enlisted Club ballroom. Dress is military mess dress/semi-formal, and civilian equivalent. Price is \$16 per person. Sign up with unit first sergeants by Jan. 22.

■ **Chief Induction Ceremony** — The Misawa Chief Induction Ceremony is at 6 p.m. Jan. 24 in the Tohoku Enlisted Club. Scheduled guest speaker is Chief Master Sgt. Christopher Dobbins, 11th Air Force command chief master sergeant, Elmendorf Air Force Base, Alaska. For more information on the ceremony or to purchase tickets, contact any Misawa chief master sergeant select.

Protecting info security daily

■ **Editor's note:** This commentary mirrors the commander's weekly update on AFN Misawa.

by Brig. Gen. Dana T. Atkins

35th Fighter Wing and Misawa Installation commander

By now, many of you may have heard of the recent theft of Tricare enrollment and claims files in America. Over 550,000 names, addresses and social security numbers were compromised. Although this didn't happen here, it serves as a reminder to not let our guard down when it comes to securing information.

The communications squadron has done an excellent job of taking extra measures to make sure your computer remains secure. Every few months you're prompted to change your password. Virus protection updates are automatic and the secure screensaver activates after a few minutes of inactivity. But all of these

measures have a chance of being compromised if an adversary gets access to your computer or password. One simple way to prevent this is to avoid writing down your password and never give it out to people asking for it online.

You should also restrict physical access to your workstation. That means ensuring your work area and building are secure at the end of the duty day. It also means securing your area when leaving for even relatively short periods during the day. Windows, side doors and desk drawers should be locked when you leave. If you find an area unsecured, don't leave the problem for the next person to solve. Help your coworkers and secure it.

Remember, computer protection — both information and physical — is everyone's job. Take the time to keep information from falling into the wrong hands.

Thanks, stay safe and continue to take care of each other.

Power behind the community

by Maj. James Reineke

Misawa Health and Wellness Center

Webster's Dictionary defines community as a group of people who have close ties through common nationalities or interests; similarity or identity; closeness.

However, community can be defined any number of ways. At times, maybe you think of your community as your block, dorm or tower; at other times, maybe it's your squadron community. Maybe it's the faith community with which you worship or the group of friends you have lunch with every week.

It's not necessarily important how you define it. What is impor-

tant is that you are a part of a community.

Misawa's Integrated Delivery System and Community Action Information Board are examples of how local leaders and agencies come together to address community issues.

These groups endeavor to identify local issues for immediate action, as well as projecting preventive programs for those who may need extra support. The Misawa IDS is formally made up of the core helping agencies on base to include:

- chapel
- family support center
- life skills support center (to include Family Advocacy and behavioral health services)

- health and wellness center
- family readiness officer
- educational and developmental intervention services
- drug demand reduction program

- DODDS representation
- family member flight

The more connected, the healthier the community. Building formal and informal networks within our community benefits everyone.

Social connections have been shown to decrease the likelihood of suicide. Get involved, know your neighbors and know those you work with. Do your part to make Misawa truly a community; a group of people with close ties, a common identity.

Many options help airmen achieve their dreams

by Airman 1st Class Abby Young

35th Fighter Wing Public Affairs office

When I was a little girl and people asked me what I wanted to be when I grew up, my response was always the same: boss of the world. At 20 years old I'm no closer to being boss of the world than I was at five, but recently I got the chance to spend the day with someone who's a little closer to the position than I am.

Out of the many things I learned as part of the base Shadow Program with Brig. Gen. Dana T. Atkins, 35th Fighter Wing and Misawa Air Base installation commander, one in particular sticks out in my mind: encouragement to follow my dreams.

I joined the military because they would pay for my education and I would get a chance to travel. I wasn't really sure what I wanted to do with my life. I knew I wanted to go into the medical field, get a degree and life experience ... so I signed the dotted line.

After I enlisted I began to feel the pressure of everyone asking what I was going to do next. Almost everyone I came in contact with wanted to know if I was going to be a 'lifer'. They all wanted to share their way of getting places in the military and what worked for them and how, convinced it would work for me.

Once I was settled at my first base I began investigating how I could achieve my goals. However, all the different avenues and options I found had me going cross-eyed. Did I want to practice medicine in the military? Did I want to get my degree and get out? And

everyone I talked to seemed to have the solution: Do what he or she did. It worked for them, why shouldn't it work for me?

At one point, I began putting together a couple ROTC packages. Then I decided that I was going to stay on active duty and take classes. Then I decided to cross train out of public affairs and go into a medical career field. Then I had no idea!

It wasn't long after that I spent the day with General Atkins. He talked to me about what I wanted to do and different options to take within the military. I realized all the options I had in the military were a good thing. They weren't there to confuse or discourage me, they were there to help my dreams come true. All those people trying to get me to do what they did were just sharing their experiences and offering valuable insight.

Whether I want to spend a few years in the military and get my degree or become the first female chief master sergeant of the Air Force, the opportunity is there. I encourage everyone to look at every option with an open mind, take advantage of what life throws their way, listen and consider the advice people with more experience tell them.

People may say you're crazy if you turn down the chance to do ROTC or decide to be a military physician. But if you're not sure that's what you want to do and give in because it's 'the thing to do' you're making everyone but yourself happy. In the end, follow your dreams, whether it is boss of the world, 35th Fighter Wing commander or a Northern Light writer.

Commander's Action Line (226-3700) Please Use It



The Action Line provides "direct communication" between you and me. This valuable open channel has but one purpose — to make our community better. Your input of ideas, concerns, highlighting problems and suggested solutions are the lifeblood to building a stronger foundation where our families thrive and our mission succeeds. There are many dedicated professionals at Misawa — officer, noncommissioned officer and civilian — who are experts in their respective fields. Please offer them the opportunity to answer your question in concert with your unit chain of command. They share the same vision for Misawa as I do. However, those concerns that do come to the Action Line have my personal attention.

Dana T. Atkins

Brig. Gen. Dana T. Atkins
35th Fighter Wing and
Misawa Air Base
installation commander

Who to call for assistance

Air Force Aid Society	226-9316
American Red Cross	226-3016
Auto skills center	226-4654
Bowling center	222-7731
Chaplain	226-4630
Commissary manager	226-3823
Community center	226-4128
Education center	226-4201
Enlisted club	222-9449
Facility maintenance	226-3693
Family day care	226-2273
Family services	226-3665
Family support center	226-4735
Health and wellness center ..	226-6653
Hospital	226-3506
Housing maintenance	226-2327
Housing manager	226-2394
Housing office	226-3200
Law enforcement desk	226-4358
Library	226-4083
Main exchange manager	222-7410
Military clothing sales	222-8709
Officers' club	226-2016
Pass and registration	226-3995
Teen center	226-2170
35th Services Squadron	226-3008
Youth center	226-3200

\$1,000 scholarships available to military children for '03-'04

The Military Officers Association of America will give \$1,000 college scholarships at random to sons and daughters of military people, including reservists.

Deadline to complete the online application is March 1.

Formerly known as The Retired Officers Association, the MOAA will honor 100 college-bound or current undergraduate students with individual \$1,000 scholarship grants for the 2003 to 2004 school year.

The association's scholarship program is part of an ongoing effort to assist young people from military families.

Of the few eligibility requirements, applicants must be younger than 24 and provide basic information such as their SAT score and college.

If an applicant served in the military before attending college, the maximum age for eligibility increases by the number of service years, up to five years.

Membership in MOAA is not mandatory, and there is no grade point average requirement.

Semifinalists will be notified by e-mail in March and may be asked to provide more detailed information. The scholarships will be given by late August.

For more information and to apply, visit <http://www.moaa.org/Education/2003> (Courtesy of Air Force Reserve Command News Service)



Photo by Staff Sgt. Louis Rivers

35th LRS 'Best in PACAF'

Airman Nathan Angel (left) and Airman 1st Class Andrew Davis, 35th Logistics Readiness Squadron Cargo Movement Branch, verify the Transportation Control Number on newly arrived cargo to ensure all pieces are accounted for. The 35th LRS was named the 2002 Major General Warren R. Carter Daedalian Award winner as the best LRS in Pacific Air Forces. "Winning this award shows what is possible when you combine the spirit and relentless efforts of our American and Japanese LRS family working together in pursuit of a common goal," said Lt. Col. Jim Eilers, 35th LRS commander. Achievements include zero safety mishaps in 2002, deploying 330 equipment assets worth \$4.8 million, and managing/directing \$62 million in fuels infrastructure projects bolstering base aircraft support capabilities.



Photo by Tech. Sgt. Carrie Bernard

Lunch fit for a king, queen

Chief Master Sgt. Chuck Clymer, 35th Fighter Wing Command Chief, serves lunch to Master Sgt. Jeff Runswick and his wife Rachel Wednesday in the family advocacy office. The Runswicks were able to enjoy filet oriental with all the trimmings — courtesy of the chief — as reward for their winning bid in the Men of Misawa auction in May, sponsored by the Misawa Enlisted Community Organization.

AFRTS plans new AFN TV channels

Television programmers at the Air Force Radio and Television Service Broadcast Center at March Air Reserve Base, California, are planning the addition of two new channels to the Armed Forces Network television lineup, while overhauling one of the existing AFN channels. The newly created channels will be "AFN Family" and "AFN Movies". These new channels are to launch in December 2003.

AFN Family will be a destination for quality, contemporary family entertainment reflecting traditional values. AFN Family will offer a variety of programming appealing to all ages, with particular attention given to children ages 2-17.

AFN Movies will offer a wide variety of movies and specials presented with limited interruption, complemented by programs that take the viewer behind the scenes of the entertainment industry. It will primarily target adults ages 18 and

up.

AFN Spectrum will see some of its children's and family programs migrate to AFN Family, replacing them with general interest programs from channels including Discovery, The History Channel, and The Learning Channel.

A recently completed AFRTS worldwide audience survey confirmed a desire for more family-friendly programming and movies. As a result, advances in digital compression now allow AFRTS to add more television channels to its existing satellite network, and improved and expanded cable and Direct-To-Home distribution brings all AFRTS services within reach of a broader audience. AFRTS is leveraging these advances to expand its AFN television services in time for the 2003 holiday season.

For more information, call Lt. Col. Doug Smith at DSN 328-0245. (Story courtesy of AFN Misawa)

Northern Light

Editorial staff

35th Fighter Wing commander Brig. Gen. Dana T. Atkins
Chief of public affairs Capt. John Haynes
Deputy chief of public affairs Capt. Miki Giloon
Superintendent, public affairs Tech. Sgt. Carrie Bernard
Chief, Internal Information 2nd Lt. James Bressendorf
Northern Light editor Staff Sgt. Mikal Canfield
Northern Light staff writer Airman 1st Class Abby Young
Photography 35th Communications Squadron Visual Information Flight

The deadline for submission of articles to the Northern Light editor is Thursday at 4:30 p.m. for publication in the next available issue.

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People who have a story or photo idea can e-mail northern.light@misawa.af.mil or call 226-3814.

Smile Misawa!

The Northern Light is published each Friday for people like Yoshinori Ebina, Base Library clerk. "Mr. Ebina delivers excellent customer service and is a very resourceful person to have on staff," said Joseph Barry, Base Library. "He handles difficult situations with calm and understanding."



Ceremony honors Senior NCO, NCO Academy grads

by Staff Sgt. Mikal Canfield
35th Fighter Wing Public Affairs office

Misawa airmen who graduate from Professional Military Education courses at other installations will now receive recognition here at Misawa as part of the new base Senior NCO Academy/NCO Academy graduate Recognition Ceremony.

The first ceremony, held Jan. 9 in the Tohoku Enlisted Club, recognized two Senior NCOA and 17 NCOA attendees who graduated during the fourth quarter of 2002.

Plans are already in the works to make this ceremony a quarterly event.

"We're going to continue to have these ceremonies once a quarter," said Senior Master Sgt. Sha'ron Bruce, Misawa Top 3 Council event organizer. "The first ceremony was such an overwhelming success, we look forward to doing more of these."

The idea for a ceremony at Misawa started with Tech. Sgt. Victoria Myers, 35th Maintenance Squadron.

"Because these academies are at other bases, Misawa graduates were forced to graduate almost anonymously, with the majority of

their co-workers and family members still at Misawa," said Tech. Sgt. Myers. "The idea behind having a ceremony here was to give these graduates the same kind of recognition they would receive if they were graduating at a PME course at Misawa."

Tech. Sgt. Myers spoke to Brig. Gen. Dana T. Atkins, 35th Fighter Wing and Misawa Installation commander, about the possibilities of having a ceremony here. After getting the commanders support, the Misawa Top 3 stepped up and volunteered to organize the ceremonies and bring the plan to fruition.

If the first ceremony is any indicator, this kind of recognition will be a part of Misawa for generations to come.

"Giving commanders, supervisors, family members and co-workers a chance to be a part of the recognition process is important," Senior Master Sgt. Bruce said.

"The grads all loved it. I spoke to quite a few of them after the ceremony and I've received many positive e-mails," he added. "Plus, we had a lot of Misawa people who won awards and they were finally able to get the recognition they deserved in front of their peers."



Photo by Staff Sgt. Louis Rivers

Brig. Gen. Dana T. Atkins, 35th Fighter Wing and Misawa Installation commander, presents an NCO Academy graduation certificate to Tech. Sgt. Lowrance Hunt during the Senior NCO Academy/NCO Academy Recognition Ceremony Jan. 9. Hunt won the John L. Levitow award. Other NCO Academy graduates honored at the ceremony included: Tech. Sgts. Ronald Boisvert, Jr.; Adam Furusho; Erich Gorgas (Distinguished Graduate); Samuel Ishikawa; Matthew Krueger (Distinguished Graduate); Mario Laureta; Richard Lipphardt; Cheryl McCullough; Terrance Mergerson; Donna Merritt; Mark Muster; Victoria Myers; Timothy Perkins (Academic Achievement Award, Distinguished Graduate); Kelly Schell; Jonathon Scott; and Hamilton Wilson. Graduates of the Senior NCO Academy honored at the ceremony were Senior Master Sgts. Michael Hentges and Edward Wagner.

Briefs

■ **Commissary closure** — The Misawa Commissary is closed Monday in observance of Dr. Martin Luther King Jr.'s birthday. Normal hours resume Tuesday. For more information, call Ken Boland at 226-3482.

■ **Flu shots** — Flu shots are administered at the Misawa Base Exchange entrance to anyone in the Misawa community with a valid identification card from 10 a.m. to 2 p.m. Tuesday and 10 a.m. to 1 p.m. Wednesday. CDC targets flu vaccination for high-risk, high-priority groups such as children six months old and older and women below the 14th week of pregnancy. Shot records are highly encouraged.

■ **Part-day Pre-School** — The Zeamer Child Development Center offers part-day Pre-School Enrichment Classes for children ages 3-5. A two-day class is offered Tuesdays and Thursdays; a three-day class is offered Mondays, Wednesdays and Fridays; and the five-day class is offered Mondays through Fridays. There are morning and afternoon slots available for each class offered (8 to 11 a.m. and 1 to 4 p.m.). The program consists of three hours of a variety of items, such as playgroups, center time, group time and more. For more information, call 226-2419.

■ **Edgren seeks volunteer tutors** — People interested in becoming tutors at Edgren High School can attend an after-school tutorial held from 2:30 to 3:15 p.m. Tuesday and Thursdays in the school's Information Center. All tutors/mentors must receive this training. For more information, call Missy Gingrich at 226-4377.

■ **Pie-in-the-Face** — The Misawa African-American Heritage Committee has a "Pie-in-the-Face" Contest Feb. 8 in Hangar 949. Votes for individuals cost \$.25 each. The top three vote recipients will receive the pies in the face. For more information, call Staff Sgt. Shair Harper at 226-9033.

■ **Dental Assistant Program update** — Applications will be accepted for the Dental Assistant Program through March 3. Class start date is March 24. For applications or more information, stop by the American Red Cross (Bldg. 674) or call 226-3016.

■ **Tax advisors needed** — The Base Legal Office needs volunteer tax advisors to assist the Tax Center for the upcoming tax season. The Legal Office conducts training classes Wednesday through Friday. If interested, contact Capt. Marshall Minami at 226-4022.

■ **Shimoda Photo Contest** — The Shimoda Town Hall accepts applications for the 16th Annual Shimoda Swan Festival Photo Contest. Entries are accepted through Feb. 1. For more information, call Simon Bernard at 54-2927.



Photo by Simon Bernard

Havin' fun

Chanell Mason (right) poses for a photo with a new friend from Shimoda during the 11th annual Japanese/American Holiday Party in the Lunney Youth Center Dec. 27. More than 70 fifth and sixth grade students from Shimoda spent the day with Misawa children as part of the School Age Program.

Airmen eat lunch in Grissom Dining Facility's new sporty dining room. The room includes a big screen TV and different sports memorabilia.



Photos by Airman 1st Class Abby Young

Grissom gives diners new place to please taste buds

by Melissa Stockstill
35th Services Squadron

Even though the Grissom Dining Facility serves some of the most appetizing food in the Air Force, these dedicated culinary professionals realized there was something to be said for ambiance.

Thanks to a select group of airmen on base, from a brigadier general to a senior airman, Grissom undertook a major self-help renovation

project. The project took over 650 man-hours to complete and saved the Air Force over \$64,000 in contract cost.

"I am really proud of the staff because they took it upon themselves to operate normal operations and work after duty time to complete the project," said Master Sgt. Tony Flowers, Grissom manager.

"Before the project even began we tirelessly researched the latest trends that would entice our meal card customers to eat here," he

added. Some of the innovative changes to Grissom include a self-serve food court in the dining area which makes 'Grab-n-Go' meals available to customers 24-hours a day.

"There are always peak times where things can get hectic. By offering the meals to customers 24-hours a day, the busy times become more streamlined and manning can be stretched to cover 24-hour operation while keeping a smooth flow of customers," said Flowers.

In addition to the self-serve area, the Grissom staff also developed the sports pub, which allows customers to watch various sports on three large screen televisions and two overhead TVs 24-hours a day.

To enhance the sports atmosphere, the staff decorated the area with NFL table covers, sport shadow boxes and flags. Even the menu for the pub reflects the sporty atmosphere.

Customers may order specialty items, like the NBA platter, consisting of cheese sticks with marinara sauce, nachos and cheese and hot chicken wings with ranch dressing.

Finally, the dining facility staff designed a cyber café, complete with four flat-screen computers for customers. The cyber café allows computer-minded airmen to keep up with current events or diligent pupils to study in their spare time.

This section of the dining facility comes complete with a wrap-around booth for dining or studying and a sofa where airmen can relax and read while waiting to surf the Internet.

All of the changes to this facility add up to a brand new, interactive dining experience for meal cardholders.



The dining facility renovations include a small area with dim lighting, a sofa, some computers with internet access, two booths and wrap-around benches. The coffee shop type set up is

inviting for any airman, soldier, sailor or marine to kick back and relax with a good book, check their e-mail and surf the web, or have a quiet meal.



Warrior of the Week

**Staff Sgt.
Elaine Morris**

Organization
35th Comptroller
Squadron
Duty Title
Financial Analyst
Hometown
San Antonio, Texas



"Staff Sgt. Morris is one of comptroller's finest! During a recent period when the customer service section was severely undermanned, Elaine not only continued her magnificent handling of the base's finances in the financial analysis office, but lent a willing hand whenever called upon in customer service."

Senior Master Sgt. Horace Jordan
35th CPTS



Student of the Week

Jennifer Docker
Age 17

School
Edgren High School
Hometown
Elkhorn, Neb.
Favorite Subject
Photography



"Jennifer has a positive outlook and outgoing personality, making her a natural leader in our school. In her four years here, she has been involved in several activities, including student government, Natural Helpers, football/basketball manager, chorus and drama. She is one of those students you can call upon at any time to complete any task"

Elizabeth Ballard
Seventh grade Language Arts and Journalism

'Heir Born'

The following parents are announcing the births of their children at the base hospital:

DEL ROSARIO — Tech. Sgt. Michael and Mijie Del Rosario, a son, Mikkel Johan, Dec. 22.

HILL — Senior Airmen Isaiah and Patricia Hill, a daughter, Daizha Samone, Dec. 22.

McFADDEN — Staff Sgt. Jeramis and Kristi McFadden, a daughter, Jade Noel, Nov. 27.

Misawa Salutes

The 35th Operations Group announced its quarterly award winners for the fourth quarter of 2002.

Winners are: **1st Lt. Bethany Shana**, Company Grade Officer of the Quarter; **Master Sgt. Ronnie Rutter**, Senior NCO of the Quarter; **Tech. Sgt. Moses Johnson**, NCO of the Quarter; **Airman 1st Class Marc Flores**, Airman of the Quarter; **Athena Crabtree**, American Civilian of the Quarter; and **Satsuki Baba**, Japanese National of the Quarter.

DOD News

U.S. DEPARTMENT OF DEFENSE

All-volunteer force: proven quantity in the Persian Gulf War and beyond

by **Kathleen Rhem**
American Forces Press Service

The all-volunteer force took nearly a generation to come to fruition, but has since proved its worth in combat.

Thirty years after then-Defense Secretary Melvin Laird established the all-volunteer force, some politicians are again calling for resumption of a military draft. Defense leaders are crying foul; they don't want it, and they don't need it.

A senior defense official today briefed media in the Pentagon on

the advantages and history of the all-volunteer military force.

"There was no military in the world at that time of comparable size that operated on a volunteer basis," the official said. He noted that Great Britain had a volunteer military, but it was nowhere near as large in either absolute numbers or in percentage of population as what the United States was attempting.

The force took 10 to 15 years to come to fruition, and it wasn't proven in combat until the Persian Gulf War of the early 1990s.

"I would argue that the fine performance of our forces in the Persian Gulf War in 1991, the fine performance you've seen in a variety of crises in the last 10 years, including operations in Afghanistan

this last year and continued operations in the greater Southwest Asia region, indeed reflect the excellence of that force," the official said.

This official debunked the notion that the all-volunteer force would lead to a higher percentage of African-Americans and other minorities being killed in a war. He said blacks comprise only a slightly higher percentage of enlistees than found in a comparable age group in the general population — 21 percent of military service members versus roughly 14 percent of the general population.

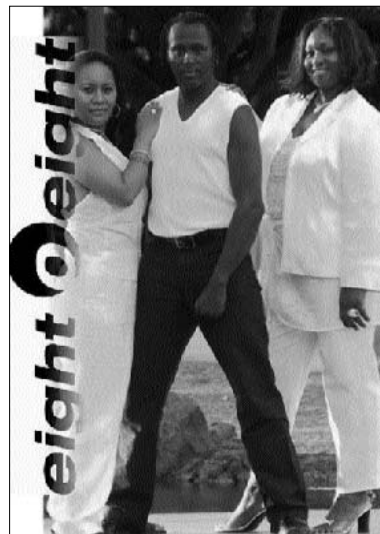
A Defense Department report from the Office of the Undersecretary of Defense for Personnel and Readiness, which was distributed at this briefing, explains that most blacks in the military serve in administration and other support jobs. They make up only 15 percent of the combat arms positions.

In the Persian Gulf War, the first major test of the all-volunteer force, 23 percent of service members were black, while blacks comprised only 17 percent of combat or non-combat deaths, the report stated.

This official also refuted the oft-held notion that military recruits come from the "poor and uneducated" in American society.

He said military recruits come from among the best-educated and most-intelligent segments in society. The vast majority of recruits are high school graduates. By the time they complete their first term of enlistment, many have at least some college.

"We demand a higher level of educational aptitude achievement for most of our recruits than is true of the population at large," the official said. "So we are aiming to get an above-average population in terms of enlisted recruits." (Story courtesy of DefenseLink)



Publicity Photo

High-energy fun!

Dance/R&B group, "Eight-O-Eight" performs at 9 p.m. Jan. 25 at the Tohoku Enlisted Club Ballroom. The concert is free and open to adults 18 and older. The Misawa community is encouraged to come to the Tohoku and watch the "hottest vocal stylings to come out of Hawaii this year." Doors open at 8 p.m. Seats are on a first-come, first-serve basis, so concert attendees are encouraged to arrive early. All ranks are welcome. For more information, contact the Tohoku Enlisted Club at 222-9511. A concert just for teens will be at 7 p.m. Jan. 24 in the Mokuteki Community Center ballroom. This free concert is open to children ages 13-18. Doors open at 6 p.m.

Quarterly assignment listing now available

The Enlisted Quarterly Assignment Listing for people returning from overseas during May-July will be available Jan. 13.

Individuals need to work through their military personnel flights to update their preferences since the update process is not yet totally automated.

The deadline for updating assignment preferences is Jan. 30. Airmen will be notified of their selection in February.

EQUAL advertises upcoming assignment requirements by Air Force Specialty Code and rank. Members are instructed to review, prioritize and list specifically their assignment preferences based on the EQUAL list.

People can view the lists from the AFPC home page at <http://afas.afpc.randolph.af.mil/enlisted/enlisted.htm>, or at their MPF. Those on temporary duty during the advertising period can contact the nearest personnel office for assistance. (Story courtesy of AFPC News Service)

Ask Shuko



Q: Do you want to know why the Japanese greet each other with a bow or the history behind the kimono?

A: Write to Shuko! Beginning Jan. 24, 'Ask Shuko' will appear weekly in the *Northern Light*. Shuko Tatebayashi, a Japanese National who works with local Japanese and American media, is an expert on topics about the culture, customs and courtesies, and traditions. If you have a question concerning Japanese culture, festivals, traditions or anything having to do with life in Japan, e-mail the *Northern Light* staff at northern.light@misawa.af.mil. Be sure to put 'Ask Shuko' in the subject line.

School Lunch Menus



Edgren High
Monday
 No school
Tuesday
 Cheese pizza, fruit cocktail, tossed garden salad, sugar cookie, milk
Wednesday
 Corn dogs, rice pilaf, corn, fruit, milk
Thursday
 Chef salad, baked roll, Rice Krispie bar, applesauce, milk
Jan. 24
 No school

■ **Editor's note:** High school students can choose between the elementary school menu and another selection.

School Square

Cummings and Sollars Elementary

Monday
 No school
Tuesday
 Hot dog on a bun, pretzels, baked beans, fruit cocktail, milk
Wednesday
 Barbeque pork riblet sandwich, rice pilaf, corn, fruit, milk
Thursday
 Popeyes chicken fries, potato wedges, fruit, Rice Krispie bar, milk
Jan. 24
 No school

■ **Editor's note:** For complete menus visit: <http://odin.aafes.com/nutrition/hsmen.htm>

Education Opportunities



■ **Commissioning briefing** — Commissioning information will be available Jan. 31 at 2 p.m. in Bldg 653 Room 218B. For more information, call Bill Schueller at 226-4201.
 ■ **SAT** — The SAT is offered Feb. 10 at 1 p.m. Exam is for military members only. For more information or to schedule a testing seat, call the education office at 226-4201.
 ■ **Testing** — The education office offers CLEP, DANTES and Excelsior exams Mondays and Fridays at 8 a.m. and Wednesdays and Thursdays at 1 p.m. To sign up for a test, call the education office at 226-3904.

Grissom Dining Facility



Today

Dinner — Sweet Italian sausage, lasagna, spaghetti

Saturday

Brunch — Cajun meatloaf, crispy baked chicken, ribeye steak

Dinner — Fish almandine, pork chops with mushroom gravy, stir-fry chicken with broccoli

Sunday

Brunch — Chicken breast parmesan, sauerbraten, tuna and noodles

Dinner — Fried shrimp, ginger barbecued chicken, spinach lasagna

Monday

Lunch — Baked chicken, simmered knockwurst, Swiss steak with tomato sauce

Dinner — Roast turkey, baked canned ham, fish and fries

Tuesday

Lunch — Grilled Salisbury steak, onion-lemon baked fish, yakisoba

Dinner — Barbecued beef cubes, paprika beef, pork chop suey

Wednesday

Lunch — Reuben sandwich, beef porcupines, Caribbean jerk chicken, chicken enchiladas

Dinner — Country style steak, fried chicken, pita pizzas

Thursday

Lunch — Liver with onions, orange-spiced pork chops, tempura fried fish

Dinner — Pepper steak, Mr. Z's baked chicken, ginger pot roast

■ **Editor's note:** Menu items are subject to change.

What's Happening

Community Events

■ **Champagne Brunch** — Sunday from 10 a.m. to 1:30 p.m. at the Tohoku Enlisted Club ballroom. All ranks welcome.

■ **Teen Dance** — Today from 7 to 11 p.m. at The Underground. For ages 13 to 15. For more information, call 226-2170.

■ **Lock-In** — Jan. 31 and Feb. 1 from 8 p.m. to 6 a.m. at the Lunney Youth Center.

Sign up back Jan. 24. For more information, call 226-2170.

■ **We Care Carnival** — The We Care Carnival, originally scheduled for Saturday, has been postponed until Feb. 16 from 10 a.m. to 3 p.m. For more information, call 222-9511.

■ **Hirosaki Lantern Festival Tour** — Feb. 8, buy tickets from Four Seasons Travel now. For more information, call 226-3555.

■ **Lake Towada Snow Festival Tour** — Feb. 15 and 16, buy ticket from Four Seasons Travel now. For more information, call 226-3555.

■ **Healthy Emotions** — Tuesday from 9 to 10 a.m. in Bldg. 1000.

■ **Toddler Playgroup** — Tuesdays and Fridays from 10 to 11 a.m. in Bldg. 94.

■ **Birth To 12-Month Playgroup** — Wednesdays from 10 to 11 a.m. in Bldg. 94.



Catholic Services

Daily Mass — Mondays through Thursdays at noon

Sunday Masses — 9:30 a.m. and 12:30 p.m.

Sunday School — Sundays at 11 a.m. (at Sollars Elementary School)

Confessions — First and third Mondays at 11 a.m. and second and fourth Mondays at 7 p.m.

Protestant Services

Holy Communion — Sundays at 8 a.m.

Sunday School — Sundays at 9:30 a.m. and 12:30 p.m. (at Sollars Elementary School)

General Protestant — Sundays at 11 a.m.

Inspirational Worship — Sundays at 2 p.m.

Contemporary Worship — Sundays at 6 p.m.

Richard Bong Theater

Today — "Star Trek: Nemesis" (PG-13) Patrick Stewart and Jonathan Frakes, 7 p.m.

"Analyze That" (R) Robert DiNiro and Lisa Kudrow, 9:30 p.m.

Saturday — "Tuck Everlasting" (PG) Alexis Biedel and Ben Kingsley, 1 p.m.

"Star Trek: Nemesis" (PG-13), 7 p.m.

"Analyze That" (R), 9:30 p.m.

Sunday — "Jonah: A Veggie Tales Movie" (G), 1 p.m. "Star Trek" (PG-13), 5 p.m.

Monday — "Formula 51" (R) Samuel L. Jackson and Robert Carlyle, 7 p.m.

Tuesday — "One Hour Photo" (R) Robin Williams and Connie Nielsen, 7 p.m.

Wednesday — "8 Mile" (R) Eminem and Kim Basinger, 7 p.m.

Thursday — "Barbershop" (R) Ice Cube and Cedric the Entertainer, 7 p.m.

Jan. 24 — "Lord of the Rings: The Two Towers" (PG-13), 7 p.m. "Star Trek: Nemesis" (PG-13), 7 p.m.

Jan. 25 — "Harry Potter and the Chamber of Secrets" (PG), 1 p.m. "The Lord of the Rings: The Two Towers" (PG-13), 7 p.m.

"Star Trek: Nemesis" (PG-13), 9:30 p.m.

Jan. 26 — "Tuck Everlasting" (PG), 1 p.m.

■ **Editor's note:** Movie lineup and starting times are subject to change.



Photo by Anna Flowers

Caring with cookies

Hannah Sutherland and Amanda Lima put the finishing touches on boxes of cookies they are sending to their deployed parents. Children of deployed personnel decorated prepared cookies and helped package them during a Cookie Care class offered by the Family Support Center. For more information on this or any other activity at the FSC, call 226-4735.

35th Fighter Wing Chapel

Jewish Services

First and third Fridays of every month from 7 to 9 p.m.

Islamic Services

Fridays at noon

Seventh Day Adventist Services

Saturdays at 10 a.m. at Security Hill Chapel.

Hindu Study Group

First Friday of month from 11 a.m. to noon. Every other Friday of month from 11:30 a.m. to 12:30 p.m.

Contact numbers

Main chapel — 226-4630

After duty hours — 226-6648

Security Hill — 226-3064



Photo by Airman 1st Class Mary Weaver

Fitness pays off

(Above) Horace Jordan pedals a stationary bike presented by Brig. Gen. Dana T. Atkins, 35th Fighter Wing and Misawa Air Base installation commander, for racking up 6,000 points for the year in the Fit to Win program. (Right) Sean Hamil lifts free weights at Potter Fitness Center. The Fit to Win program is still going on and members can get points by staying physically fit. People get points for lifting weights, attending an aerobics class or running, just to name a few things.

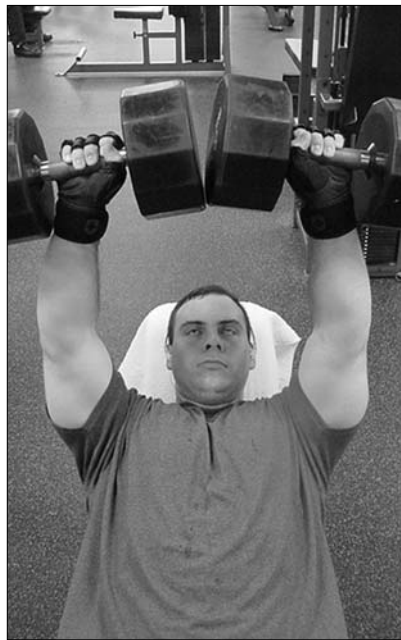


Photo by Airman 1st Class Abby Young

Timeout

■ **Basketball Tournament** — The Misawa Marauders sponsor a basketball tournament in honor of Martin Luther King Saturday and Sunday starting at 9 a.m. in the base fitness center. For rules and information, or to sign up, e-mail Thomas.Mangan or John.Hemphill @misawa.af.mil or call Mangan at 226-6130.

■ **Bowling Tournament** — The Logistics Officer's Association sponsors a bowling tournament Jan. 24 from noon to 4 p.m. at Walmsly Bowling Center. The tournament is nine-pin and each team must have four people. Sign up now, cost is \$40 per team. For more information, call 2nd Lt. John Groff at 226-2161.

Northern Light Game Highlights

■ Intramural, varsity, youth and high school coaches can fill in the sections below to highlight their team's key plays and players.

Sport: _____

Team name: _____

Coach's name and daytime telephone number(s): _____

Opponent: _____

Outcome/final score: _____

Day, date and time of game: _____

Location of game: _____

1. What was the greatest factor that determined the game's outcome and why?

2. Where did your opponent pose its greatest challenge and why?

3. Who were your most valuable players and why?

4. Was there a turning point in the game, and how did it influence the outcome?

■ Once complete, fax the information to the newspaper office at 226-9342, e-mail it to northern.light@misawa.af.mil or hand carry it to the newspaper office in Room 28 of Bldg. 504 (35th Fighter Wing Headquarters on Risner Circle).

■ For more details, call 226-3814.

Quick tips to quit smoking

Kicking the cigarette habit can be tough. Yet, many people have managed to break free from cigarettes. They were ready to quit and planned ahead to avoid cravings and temptations. And many people who have quit tried several times before they succeeded. It's important to first make a plan and stick to it.

Deciding not to smoke will impact a person's way of life in more than one way. By being a non-smoker a person lowers their risk of heart disease, stroke, cancer, lung diseases and the probability of having unhealthy babies. It also improves people's chances for a longer healthier life. Secondhand smoke from cigarettes causes family and friends to have more colds and asthma attacks and also puts them at risk for heart and lung diseases.

Enjoying better health and not killing the people around you, are just two benefits of not smoking. Non-smokers, and the people around them, enjoy fresher smelling clothes, hair and breath.

■ Getting started can be one of the toughest parts of deciding to quit smoking. Here are some tips for getting off to a good start:

■ Pick a quit day within two to four weeks from today. This is the most important day of your life. Set a quit date now.

■ Tell your family, friends, coworkers, pastor, and congregation. Ask them for

support and understanding.

■ Write down the reasons you want to quit. Put a copy on the refrigerator where you will see it each day.

■ Throw out all your cigarettes, lighters, and ash trays.

■ Do not buy any more cigarettes.

Make decisions that will help you stick to your plan of quitting. Stay away from other tobacco products, such as cigars, pipes and chewing tobacco. When you first decide to quit, might be helpful to avoid places that make you want to smoke. Instead, plan to spend time where smoking is not allowed like the library, movie theaters, church, department stores or a museum. Think about previous attempts to quit and evaluate what worked and what didn't.

Try these healthier substitutes for smoking:

■ Keep your hands busy: Draw, write, read the paper, knit, work crossword puzzles, polish your nails.

■ Frustrated? Angry? Stressed out? Upset? Relax, take a deep breath, walk away. Talk with someone close to you, walk outside, listen to music.

■ When you first get up in the morning: Brush your teeth, use mouthwash, change your routine.

■ While on the phone: Chew

My three most important reasons for wanting to quit:

1. _____
2. _____
3. _____

Two people I can call to help me:

Name _____
Phone _____
Name _____
Phone _____

sugarless gum or drink water through a straw.

■ After meals: Brush your teeth; call a friend; or sip a cup of hot tea.

■ Going to a party or restaurant?: Do not order alcohol or fatty foods. Do chew gum; drink lots of water; after dinner try flavored tea instead of coffee.

Celebrate your success one week, one month and one year at a time. Keep a calendar and chart your success. Occasionally write down new reasons why you're glad you've quit. Use the money you have saved to buy something you've always wanted. (Information courtesy of nutrition.gov).

